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## BOOK REVIEW

**Title:** **EXERCISE TESTING AND EXERCISE PRESCRIPTION FOR SPECIAL CASES — THEORETICAL BASIS AND CLINICAL APPLICATION**  
**Editor:** James S. Skinner  
**Publisher:** Lea and Febiger, Philadelphia 1987 UK Agents: Quest Meridien, Beckenham  
 Price: \$30.00 US 314 pages with Index, Tables and many References ISBN 0 8121 1054 4

This text makes a magnificent contribution to the literature on exercise testing. It does so by presenting a collection of individual chapters, written by authorities in the field, each one considering a different aspect of testing or special population.

Each of the chapters is presented economically yet in depth, well referenced and up-to-date. The first section on general considerations includes general principles, sexual dimorphism, aspects of age and environment. The second section on special cases includes rheumatoid arthritis, diabetes, dyslipoproteinemia, obesity, respiratory and cardiovascular conditions, and pregnancy. Sadly my review copy contained a serious printing error which duplicated two chapters and omitted two others. I was, therefore, not able to examine the special cases of rheumatoid arthritis and diabetes, but trust the printers have corrected this problem.

It is difficult to fault such an authoritative text and for any serious student of exercise testing and prescription, particularly considerations of special subjects, this book would be a valuable addition to their library.

**David A. Brodie**

## BOOK REVIEW

**Title:** **THE ANTERIOR CRUCIATE DEFICIENT KNEE (NEW CONCEPTS IN LIGAMENT REPAIR)**  
**Authors:** D. W. Jackson and D. Drez Jnr.  
**Publisher:** C. V. Moseby 1987 UK Agent: Blackwell Scientific Publications  
 Price: £50.50 324 pages with Index ISBN 0 8016 2411 8

This book is a collection of papers written by faculty members from courses organised in America by the two editors. Douglas Jackson is the Medical Director of the Southern California Centre for Sports Medicine, Long Beach, California, whilst David Drez is the director of the Louisiana State University, Knee and Sports Medicine Fellowship programme.

The book is well laid out with clear diagrams. Chapters start with the anatomy of the anterior cruciate, details of the biomechanics, clinical examination of the knee for anterior cruciate ligament laxity followed by discussion on factors affecting the choice of anterior cruciate ligament surgery and extensive documentation on autograft, allograft and prosthetic ligament replacement both by open surgery and arthroscopic techniques. The final chapters deal with rehabilitation and the role of bracing.

As in the case of any multi-author volume certain subjects are omitted or glossed over in a very cursory manner. Such is the case in this volume where the menisci warrant eight lines of text with no mention of the pattern of meniscal injury that occurs with anterior cruciate damage whilst ten pages are given over to the quantitative examination of anterior cruciate laxity using the UCLA portable instrumentation.

The American surgeons at present seem to be mesmerised by biomechanics and testing under laboratory conditions whilst not fully assessing the functional result. The chapter on rehabilitation, gives the principles that immobility must be minimised and healing tissues must never be over-loaded, with great detail on the isometric phase, the isotonic phase, isokinetic phase and endurance phase programmes, yet the only mention of proprioceptive retraining is given one line. It is interesting to pick up the vibes that our American colleagues are dissatisfied with all the braces at present in use and in his summary on the future of anterior cruciate surgery Douglas Jackson admits that bracing has been primarily on an empirical basis and that more information is needed on its efficacy.

This book is aimed at the training and established orthopaedic surgeon with a specific interest in knee injuries. For this group it will provide stimulation and reference but it does demand a fair knowledge of the subject and is not for the casual browser.

**J. A. Robertson**